



Family News

News and Information for Families of individuals served at Muscatatuck SDC and Madison State Hospital during the transition to community-based services.

MEETING INFORMATION

The next meeting of the **Southeast Regional Project Team** will be:

June 26, 2002

10 a.m. - Noon

Columbus City Hall

123 Washington St., Columbus, IN
(812-376-2570)

HANDY NUMBERS AND WEB SITES:

MSDC/MSH Info Hotline:

1-800-903-9822

www.IN.gov/fssa/transition

Maintained by FSSA to answer your questions.

DD Waiver Ombudsman:

1-800-622-4484

Available to respond to your comments and questions.

The Arc of Indiana:

1-800-382-9100

www.arcind.org

www.thearclink.org

A statewide group that advocates on behalf of people with mental retardation and related disabilities and their families.

Area Agency on Aging:

1-800-986-3505

www.iaaaa.org

AAAs provide case management, transportation, and other services to older adults and people with disabilities. Call to find the agency closest to you.

Southern Indiana Center for Independent Living (SICIL):

1-800-845-6914

Part of Indiana's Independent Living Service system, SICIL provides people with disabilities with information and referral, advocacy and other services.

Southeast Regional Planning Council

Dr. Vicki Pappas, of the Indiana Institute on Disability and Community, prepared this article which reviews the activities of the Southeast Regional Planning Council.

One of the goals of FSSA is to develop regional systems of service for people with developmental disabilities and people with mental illness. The recently re-structured Southeast Regional Planning Council (SE Council) is starting to address what it would take to accomplish this goal. The Council is focusing on developing collaborative and comprehensive services in 18 counties in southeastern Indiana to support families, children and adults.

The SE Council emanated from a group that FSSA originally put together to provide input about the closures and downsizing of Muscatatuck State Developmental Center and Madison State Hospital.

The charge to the SE Council has changed. The task of the SE Council is now to focus on developing a regional ser-

vice system so that families and children receive the services and supports they need to succeed in the community in a seamless fashion. This involves looking at what assets exist across the 18-county area and what gaps need to be filled. A regional plan will be developed; one that identifies how to better coordinate services and supports and creatively find solutions to barriers so that children and adults with disabilities receive needed services and supports. The Indiana Institute on Disability and Community will provide technical assistance to the SE Council. The Institute is assisting the SE Council in developing a governance structure and an implementation plan for regionalizing services through coordination and collaboration across the 18 counties. The focus of the SE Council will be on how to provide seamless services and build communities' capacity to serve people

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Southeast Regional Planning Council

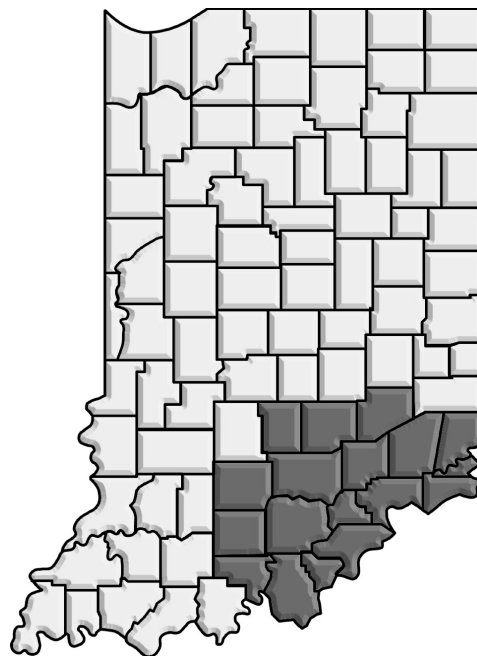
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with disabilities in community-based settings.

Another specific task for the SE Council is to assist the counties in creating family support networks. FSSA has received a federal grant to establish these networks, looking especially at documenting the informal supports families use and also looking at the needs of families from varying ethnic and racial groups. FSSA and the Indiana Institute are developing a process for selecting recipients of county-based grants and to provide the subsequent grantees with assistance as they go about developing their family support networks (this will be the subject of a future article in both family and employee news).

For more information on the SE Council or the family support networks, contact Dr. Vicki Pappas or Dr. Phil Stafford from the Indiana Institute at 812-855-6508, or email at pappas@indiana.edu, or pstafford@indiana.edu.

Below is a map showing the southern Indiana counties covered by the Southeast Regional Planning Council.



Family Resource Center

Each month this space will highlight different disability and transition specific print and video resources available to borrow free-of-charge from the Center for Disability Information and Referral (CeDIR), part of Indiana University's Indiana Institute on Disability and Community. The resources listed below can be obtained by calling CeDIR toll-free at 1-800-437-7924. Borrowers can keep the materials up to four weeks and the material will be mailed directly to your home. The only expense to the borrower is the cost of returning the material via US mail.

This month's featured selections:

- VIDEO: *"Community & Independence, The Move From New Castle State Developmental Center"*
This video profiles individuals who moved

to the community from New Castle State Developmental Center. It includes interviews with families involved in the move, community providers, and people discussing their life at New Castle and their new life in the community. The video is approximately 17 minutes long.

- VIDEO: *"Journeys in Progress: Stories in the Community"* This video portrays the journey of four older adults with developmental disabilities as they discover meaningful and productive leisure and work activities in the community.

For more information on CeDir, visit their web site at: www.iidc.indiana.edu/~cedir

Questions to Ask When Looking at Community-Based Care

Choosing the very best service providers for your family member's needs is exceedingly important. Thinking about the concerns that are central to both person with a disability and the family is crucial in making informed choices during transition. With this in mind, it may be helpful for family members to prepare a list of questions to ask providers when beginning the process of seeking services.

General topics for discussion might include:

- All areas of service that are absolute requirements (medications administered on-time; 24-hour direct supervision; sign language training, etc.)
- What makes your family member happy, or causes him or her pain? How will the provider maximize opportunities for the former, and eliminate instances of the latter?
- What are your family member's goals? (A job; becoming a church member; limited number of roommates; half-hour distance for visitation, etc.)
- What the risks are for your family member? (Such as daily seizures, street safety, does not talk or use sign language, hits others when angry). How will the agency deal with those risks?

The following questions are by no means comprehensive, but they represent a good starting point for conversation with prospective providers:

- What is the provider's mission? Does it encompass the services and the intent you are seeking?
- How much experience does the provider have in serving individuals like your family member?
- Is the provider certified, accredited, or licensed, and by whom? How does the provider describe the standards of service the organization has adopted?
- What kind of safety measures does the provider have to protect and assure treatment? Have you had any abuse/neglect allegations, and what were the outcomes?
- Is the provider connected to other programs that your family member or friend may need such as day support, or work programs? How are they connected?
- Is the provider interested in what you or your family member wants, or dreams about? Is the provider connected to other programs that your child may need such as day support, or work programs? How are they connected?
- How does the provider handle your family member's money issues, minor illnesses or injuries, major illnesses or injuries?
- What does the provider routinely report to families?
- How much notice do you have to give before a visit?
- How does the provider handle behavior problems?
- How are complaints handled? Are there written policies and procedures? Is there someone who parents can talk to if there is a disagreement?
- Who would your contact be, how will that contact occur, and how often?
- What is their staff turnover?
- What are the qualifications and training of both staff and the caregivers assigned to clients? How are they supervised or monitored? What is the screening process for hiring, including average experience or education?
- What challenges do you think my child will create for you?

Contact Us!

FSSA maintains a web site, a toll-free phone number, and this newsletter to keep MSDC and MSH families fully informed.

Anyone who would like to receive this newsletter can call the number listed, leave their address, and be added to our mailing list.

The web site features questions discussed at family and employee meetings, the final report from the Governor's Council on State Operated Care Facilities, updates on the *Olmstead* process, articles, and more.

You can visit the web site at:
www.IN.gov/fssa/transition

If you have questions, comments or concerns, or want to request copies of items on the web site, write to:

Secretary, FSSA
402 W. Washington St.,
Room W461
Indianapolis, IN
46207-7088
Attn: MSDC/MSH

or email:

OfficeOfTheSecretary@fssa.state.in.us

or call toll-free, 24 hours a day:

1-800-903-9822

You can also call this number if you have concerns about the services that your loved one receives after leaving MSDC or MSH.

Community-Based Addiction Services

Few people with addictions ever go to a state hospital for treatment. Most receive services in the community where they live. Addiction services are available and accessible in every county and there are usually several publicly funded managed care providers (MCP) to choose from.

In February 2002, the 20-bed substance abuse unit at Madison State Hospital was closed, following the closures of similar substance abuse programs at Evansville State Hospital, Central State Hospital and Logansport State Hospital. These units were closed because they were undistinguishable from privately operated, not-for-profit residential care programs available in the community.

In order to make up for the loss of institutional beds, state-funded beds have been purchased at community-based facilities. The Family and Social

Services Administration, Division of Mental Health and Addictions (DMHA) has expanded the following resources in across Indiana:

- Stepping Stone in Evansville to balance Evansville State Hospital;
- Life Treatment Center in South Bend to balance Logansport State Hospital; and
- The Salvation Army in Indianapolis to balance Central State Hospital.

In the southeast region, the DMHA has contracted with LifeSpring Community Mental Health Center in Jeffersonville to increase their residential addiction treatment facility by ten beds. The facility serves both male and female residents.

For more information on addiction services, visit DMHA's web site at: <http://www.in.gov/fssa/serviceaddict/>

Family and Employee News Now Available On-Line

Both the *Family News* and *Employee News* newsletters will now be posted on-line each month. FSSA's Muscatatuck/Madison Transition Process web site has added the newsletters as a feature. The web page can be viewed at:

www.IN.gov/fssa/transition